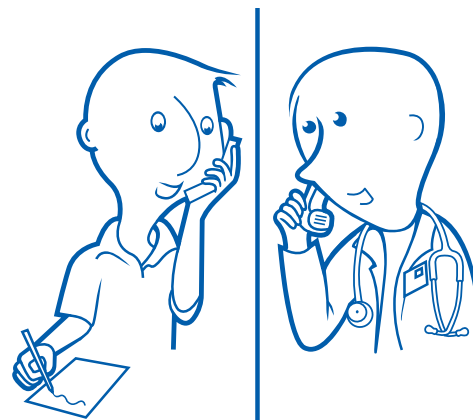


## Ico gukora igihe umwana wawe yo kwandukizwa ibicurane

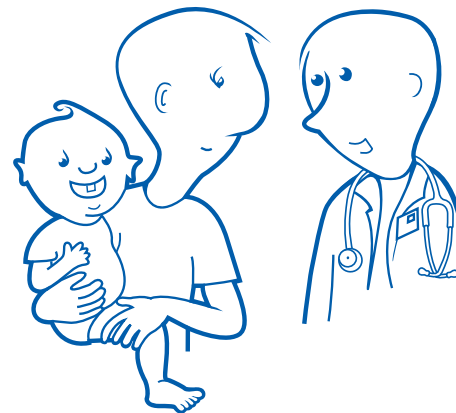
Abana bafise muni y'imyaka 5 barashobora kandukizwa ibicurane bitagoranye. Abana nabo bafise indwara zihoraho nka asima n'igisukari barashobora kugira ibibazo bihambaye hamwe bokwandukizwa ibicurane.

Mu gihe umwana wawe afise muni y'imyaka 5 canke w'imyaka yindi asanzwe afise ibibazo vy' amagara (asima canke igisukari), akabonekako n'ibimenyetso vy'ibicurane, abo bana bashobora kugira ingorane zihambaye cane zitewe n'ibicurane.

Baza muganga niyaba umwana wawe ashobora gupimwa.

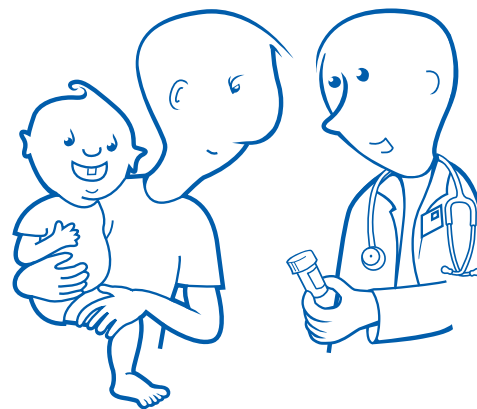


Abana hafi ya bose bazotora mitende batarinze kubona muganga. Abandi bana bashobora gufatwa n'izindi ndwara zihambaye zitewe n'ibicurane. Umwana w'imyaka iyo ariyo yose abonetseko ibimenyetso vy'ibicurane ategerezwa kuja kwa muganga.



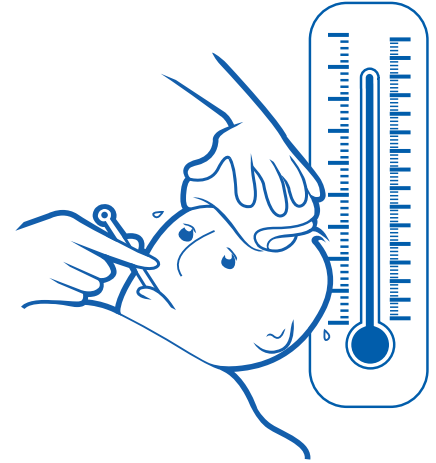
Imiti yo gukingira umugera yakoreshejwe mu kuvura ibicurane ikora neza mu gihe ifashwe mu minsi 2 (amasaha 48) y'uburwayi.

Umuganga arashobora gutangiza umwana wawe ku miti yo gukingira umugera na nyuma y'amasaha 48 habonetse ibimenyetso vy'ibicurane, cane cane igihe umwana ari mu bitaro canke ashobora kwandura indwara zihambaye zitewe n'ibicurane.

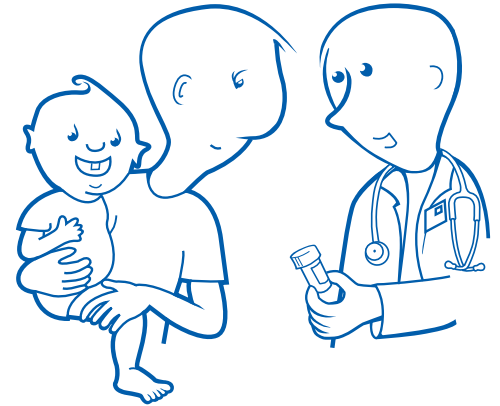


# IBICURANE Mu gihe umwana afashwe n'ibicurane

Umuriro ni ubushuhe buri hejuru canke bungana n'ibipimo 100 vya Fahrenheit (37.8 vya Celsius). Mu gihe udafise igipimisho, ushobora gukora mu maso h'umwana. Mu gihe wunva umwana afise ubushuhe budasanzwe, akaba afise mu maso hahindutse, afise intuguta kandi akanye mu mugongo, umwana wawe arashobora kuba afise umuriro.



Mu gihe umwana wawe afise ubushuhe, hariho imiti ishobora kugabanya ubwo ubushuhe. Imwe muri iyi miti iboneka mu maduka adandaza imiti kandi ushobora kuyigura nta ngorane. Bamwe basaba ko werekana agakaratasi muganga yakwandikiyeko imiti.

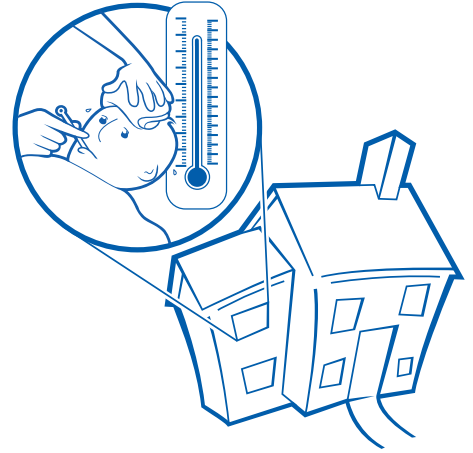


Utegerezwa kuvugana n'umuganga kugira umenye umuti yandikira umwana wawe bivanye n'imyaka afise. Imiti imwe igurishwa ku maduka yemerewe ku bana kugira ngo baronke mitende. Utegerezwa kubaza muganga kugira umenye ko iyi miti ibereye umwana wawe.

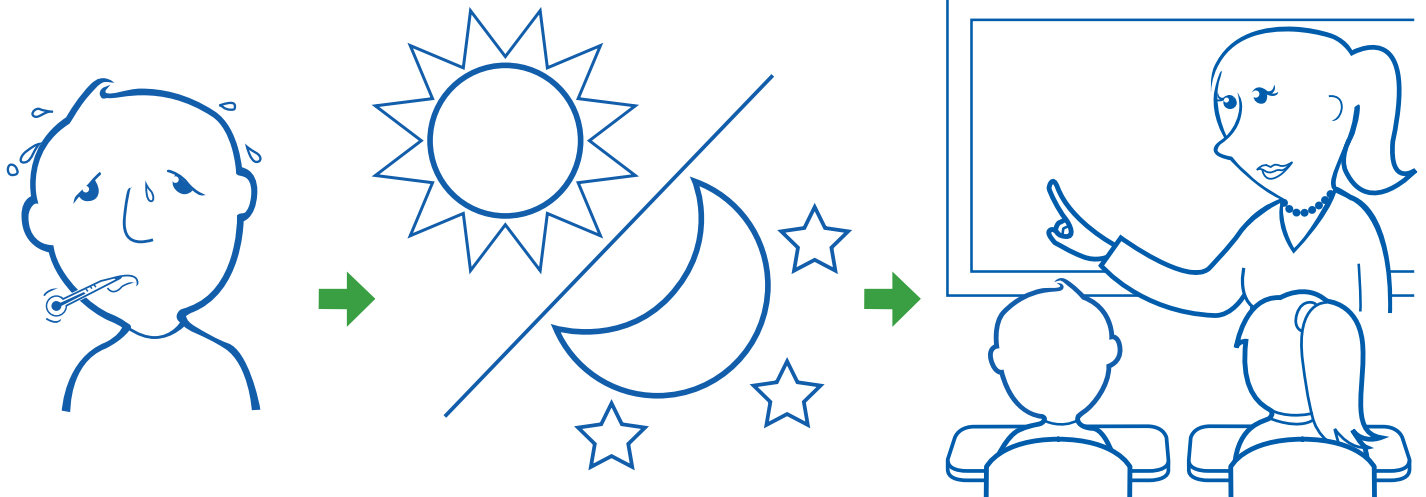


# IBICURANE Mu gihe umwana afashwe n'ibicurane

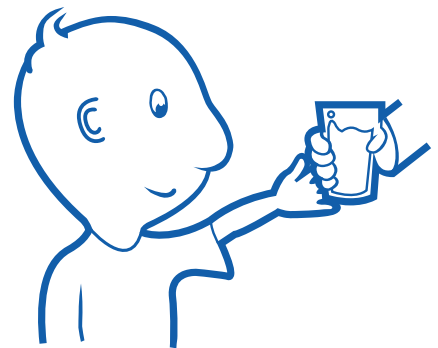
Umenye ko nta na rimwe uzoha aspirine umwana ushobora kuba afise ibicurane. Mu kugabanya gukwiragira kw'ibicurane, utegerezwa kugumiza umwana wawe muhira n'imiburiburi amasaha 24 nyuma yuko ubushuhe buheze, keretse ugiye kumuvuza.



Abana barashobora kuja kw'ishuli nyuma y'amasaha 24 umuriro umaze gushira kandi nta muti bafashe wo kugabanya umuriro.



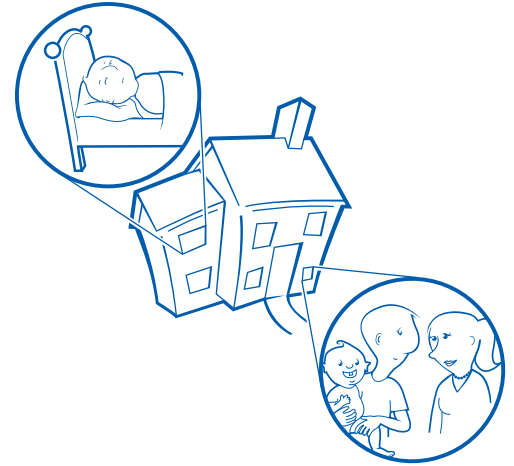
Mu gihe umwana wawe agwaye, utegerezwa kumenya ko yaronse umwanya ukwiye wo kuruhuka kandi yafashe ico kunywa coroshe (nk'amazi, ivyo kunywa vy'abakinyi, ivyokunywa vyateguriwe abana, Pedialyte®) kugira umubiri wiwe ugire amazi akwiye.



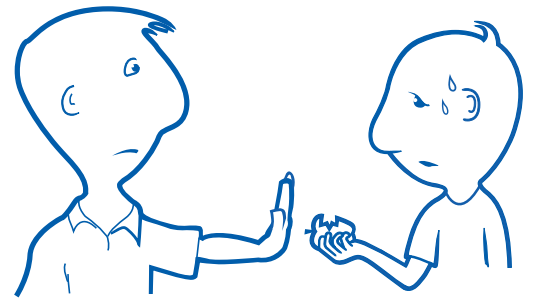
# IBICURANE Mu gihe umwana afashwe n'ibicurane

## Ibintu vyo gukora mu kugabanya kwandukiza abandi ibicurane mu nzu:

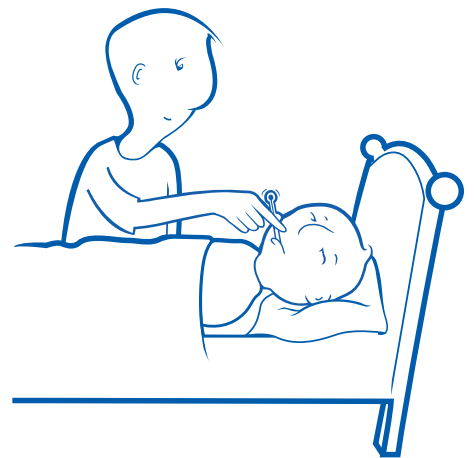
Utegerezwa gukora ibishoboka vyose ukagumiza umwana ugwaye mu cumba ciwe mu nzu kugira ategerana n'abandi baba mu nzu.



Ntiwigere wemere ko umwana ugwaye asangire n'abandi.



Ugerageze gushaka umuntu wo kwita ku mwana ugwaye. Kandi bishoboka, umuntu wo kwita ku mwana ategeweza kuba adafise ivyotuma yandukizwa ibicurane gusumba abandi, nk'umukenyezi yibungenze canke abantu bafise asima.



Ukeneye amakuru asumbirije hamagara CDC info kuri uyu murongo 1-800-CDC-INFO (232-4636) canke urabe kuri [www.cdc.gov/flu](http://www.cdc.gov/flu).